

The Multiple Sclerosis Center of Excellence West
The Multiple Sclerosis Center of Excellence East
Department of Veterans Affairs Employee Education System
present

Fatigue and the Cognitive Effects of Multiple Sclerosis



Thursday, April 28, 2005



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Purpose...

This Satellite Broadcast is a jointly sponsored program of the MSCoE East, MSCoE West, and the Department of Veterans Affairs Employee Education System and will be broadcast on VAKN and CDN. The presentations will focus on fatigue, which is the most common symptom experienced by people with MS. At the conclusion of the broadcast, participants will be able to:

- Describe the pharmaceutical side effects of Disease Modifying Therapies and their relationship to fatigue.
- List effective exercise programs and energy efficient methods that produce the best effect for patients.
- Describe the impact of fatigue on quality of life issues: cognitive impairment, isolation, sleep patterns and diet.

AGENDA

Hour 1 1:00pm ET

Neurological Effects of MS Fatigue -
Lauren Krupp, MD

Dr. Krupp is a Professor of Neurology and Psychology at the State University of New York at Stony Brook Medical Center and specializes in multiple sclerosis. She is the director of the Pediatric MS Center at Stony Brook (the first and only Pediatric MS Center in the United States), co-directs the adult MS Center at Stony Brook, and directs a research program that covers the relations between fatigue, mood disturbance, and cognitive dysfunction in MS within the department of Neurology. She has published over 100 original articles and chapters in books. She is recognized internationally as a noted authority on multiple sclerosis. Other areas of expertise include Lyme disease, headache, and behavioral neurology.

Hour 2 2:00pm ET

Medical Management of MS Fatigue -
Cinda Hugos, MS, PT

Ms. Hugos is an instructor in the Department of Neurology at Oregon Health and Science University. She has extensive experience with complex issues surrounding people with multiple sclerosis. She developed the curriculum and participated in the *Fatigue and MS* video-based series on fatigue management. The video-based series was sponsored and produced by the National Multiple Sclerosis Society. She is active in developing Clinical Practice Guidelines for the American Physical Therapy Association, MS Council sponsored by American Academy of Neurology, Consortium of MS Centers, Paralyzed Veterans of America, National MS Society, and other health care professional organizations. Her areas of research include the effects of body temperature and exercise, yoga and its effects on attention in aging and MS, and changes in functional performance of stroke patients.

Questions?

Please contact Jennifer Jett at 503-220-8262 x. 53296 or email Jennifer.Jett@med.va.gov.

You may also visit our website at www.va.gov/ms.

Who Should Attend...

All interested staff, such as:

- Physicians
- Nurses
- Occupational Therapists
- Physical Therapists
- Social Workers
- Psychologists

Individual Registration Instructions . . .

Pre-Registration is not necessary for this Satellite Broadcast. In order to receive Continuing Education Credits for viewing this Satellite Broadcast, please sign the attendance sheet at your facility and complete the evaluation.

If you are unable to view this Satellite Broadcast live, it will be rebroadcast on the following dates:

Thursday, May 12th - 7:00pm-9:00pm ET Channel 1
Wednesday, May 18th - 5:00pm-7:00pm ET Channel 1
Monday, May 23rd - 1:00pm-3:00pm ET Channel 1
Friday, May 27th - 10:00am-12:00noon ET Channel 1

For additional information, please check the VA Catalogue at: <http://vawww.sites.lrn.va.gov> and search for the keyword "*fatigue*."

Additional Questions?

If you are interested in viewing this presentation at your facility, or to find out where this presentation will be broadcasting at your facility, please contact your local VA Satellite Broadcast coordinator, or email Jennifer Jett at Jennifer.Jett@med.va.gov.

Continuing Education...

Accreditation / Approval:

PHYSICIANS (ACCME): The VA Employee Education System is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The VA EES designates this educational activity for a maximum of **2.0** hours in category 1 credit toward the American Medical Association Physician's Recognition Award. Each physician should claim only those hours of credit that he/she actually spent in the educational activity.

NURSES (ANCC): The VA Employee Education System is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. VA EES designates this educational activity for **2.4** contact hours in continuing nursing education.

PSYCHOLOGISTS (APA): The VA Employee Education System is approved by the American Psychological Association to offer continuing education for psychologists. The Employee Education System maintains responsibility for the program. As an organization approved by the American Psychological Association, the VA EES is offering this activity for **2.0** hours of continuing education credit.

SOCIAL WORKERS, PHYSICAL THERAPISTS, OCCUPATIONAL THERAPISTS:

Please email Jennifer Jett at Jett@med.va.gov for additional information.

Save the Date

Fatigue and the Cognitive Effects of Multiple Sclerosis

Thursday, April 28, 2005

**9:00am - 11:00am Alaska Time
10:00am - 12:00noon Pacific Time
11:00am - 1:00pm - Mountain Time
12:00noon - 2:00pm - Central Time
1:00pm - 3:00pm - Eastern Time**

This program will also be broadcast several times throughout the month of May. Exact times are listed on page 3 of this flyer, and will also be posted on the VA Catalogue at <http://vaww.sites.lrn.va.gov>, search for the keyword *fatigue*.